



Tobacco-FREE

UNIVERSITY OF CALIFORNIA

Smoke & Tobacco-Free Initiative Fact Sheet

The Effects

- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- Smoking reduces normal life expectancy by an average of 13 to 15 years.
- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.
- Secondhand smoke is responsible for approximately 3,000 lung cancer deaths each year.
- The Surgeon General of the United States has concluded that there is no risk-free level of exposure to secondhand smoke, and establishing smoke-free environments is the only proven way to prevent exposure.

The State of California¹

- Smoking rates in the State of California reached a historic low, dropping from 26 to 12 percent between 1984 and 2011.
- Much of the decline is attributed to fewer smokers between 18 and 24.
- Over the past two decades, California has banned smoking in restaurants, bars, and inside public buildings.
- Even with these strides, smoking contributes to 36,000 deaths a year.

The UC Community

- Approximately 10% of UC employees smoke, below the state average of 12% and well below the national average of nearly 20%.
- Approximately 8% of UC students smoke, compared to the national average of 16%.

The Cost^{2,3}

- The CDC puts a \$3,383 price tag per year on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.
- Tobacco use is a leading cause of lost productivity. Employees who smoke have almost twice as much lost production time per week than workers who do not smoke.
- Smokers are absent 50% more than nonsmokers.
- Costs of employee absences include temporary replacements, and lowered productivity and morale among employees who remain at work.

The Students⁴

- One in five college students smoke.
- Around 13% of college students started smoking in college.
- Twenty percent of social smokers become daily smokers over the course of a four-year college period.
- Smoke-free policies have been shown to help students decrease their amount of smoking or help them to quit.

The Solution

- UC's smoke/tobacco-free policy reflects the University's commitment to provide a healthier, safe and productive work and learning environment for the entire campus community. As a national leader in healthcare and environmental practices, UC is ready to create a smoke-free environment on all UC campuses, medical centers, and properties.
- Comprehensive tobacco use policies have been found to change tobacco use behavior in workplaces. A study published in the British Medical Journal concluded that tobacco users who worked in a completely smoke-free environment were more likely to quit than their counterparts working in areas where smoking was permitted (Fichtenberg & Glantz, 2002).
- A comprehensive education and outreach campaign, including resources and referrals for cessation assistance, is available to help individuals quit.

References

1. Helfand, D. (2011, August 06). California smoking rate reaches lowest level on record. *The Los Angeles Times*. Retrieved from <http://articles.latimes.com>
2. Fellows, J. L., Trosclair, A., & Rivera, C. C. (2002). Annual smoking attributable mortality, years of potential life lost, and economic costs – U.S., 1995-1999. Morbidity and mortality weekly report. *Journal of the American Medical Association*, 2335-2356.
3. Fichtenberg, C. M., & Glantz, S. A. (2002). Effect of smoke-free campuses on smoking behavior: Systematic review. *British Medical Journal*, 325, 188-194.
4. American Lung Association (2008). Big tobacco on campus: Ending the addiction. Retrieved from <http://www.lung.org/assets/documents/publications/tobacco-policy-trend-alerts/big-tobacco-on-campus.pdf>